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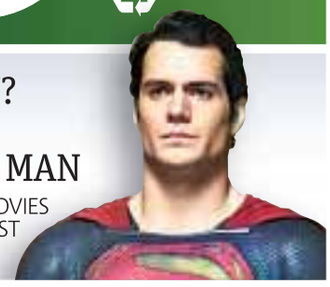
A ROUNDUP OF MOVIES DEEMED THE WORST OF 2013 PAGE 7



HERE COMES SANTA CLAUS

Jolly ol' St. Nick is greeted with rock-star like adoration by a throng of fans.

For the Saskatoon SPCA, 'tis the season again for its Home 4 the Holidays adoption campaign. Story, page 3.

IAN WILLMS/TORSTAR NEWS SERVICE; PHOTO ILLUSTRATION BY DAVID VAN DYKE/METRO

No Metro on Wednesday

Metro is not publishing on Christmas Day, but look for our special Boxing Day edition on the 26th

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Maidstone

Mountie accused of inappropriate behaviour

A western Saskatchewan RCMP commander has been removed from duty after senior management received reports of his alleged inappropriate workplace behaviour.

On Dec. 5, a sergeant with more than 20 years of service was removed from his command at the Mounties' detachment in Maidstone.

"The RCMP takes these types of situations very seriously, which is why the member was removed from the workplace and an internal code-of-conduct investigation ordered," the force stated in a press release on Monday.

The commander is alleged to have violated the RCMP's code of conduct and informal disciplinary action is sufficient, according to the release.

A hearing will be initiated if disciplinary measures are warranted.

The RCMP will not release the commander's name unless he undergoes statutory charges.

METRO

Fatality

Man killed in snowmobile crash

A man is dead after a snowmobile hit a ditch in rural Saskatchewan this past weekend.

On Saturday at about 11 p.m., four snowmobilers were travelling across a farm 19 kilometres southwest of Hanley, just south of Saskatoon, when they hit an unseen ditch, RCMP said.

One of the snowmobile drivers, a 49-year-old from Strongfield, suffered severe chest injuries. The man was dead when paramedics arrived.

The coroner's office has ordered an autopsy while the RCMP in Saskatoon continue to investigate the incident.

METRO

Pet adoption campaign 'just gets bigger and bigger'

Home 4 the Holidays. Counsellor hopes the SPCA will find more homes for animals this year than it did last

JACOB MORGAN
jacob.morgan@metronews.ca

Some might worry about impulsively buying a pet during the Christmas season.

But the Saskatoon SPCA tries to counter those concerns with its Home 4 the Holidays campaign.

"We find that people who are wanting to adopt an animal and are thinking about it (are usually) serious about it," Chrissy Rhode, an adoption counsellor with the SPCA, said on Monday.

"It's a perfect time to bring home an animal when families get together."

This year's edition of the annual Christmas season initiative will wrap up on Dec. 31, and Rhode said the non-profit organization is well on its way to meeting its goal of 350 adoptions as part of it.

As of Dec. 17, 323 pets had been adopted including about 64 cats, 40 puppies and 21 other kinds of creatures, such as rabbits and birds.

"We're hoping that the next update we have shatters that goal," said Rhode.

Last year, the campaign saw 402 pets find homes. Rhode is confident that the SPCA will surpass that number before this year is out.

"Every year," she said, "it just gets bigger and bigger."

One highlight for Rhode, this time around, was when Gents, a three-year-old brindle greyhound, found the right owner.

After arriving at the SPCA in October, Gents was adopted in November — only to be returned a few days later.

"He finally got adopted again in December, and they are very happy with him," Rhode said.

"We had an update from the adopter, and she said he's just doing fantastic."

Chrissy Rhode, an adoption counsellor with the Saskatoon SPCA, holds Vixen, a black-and-white Rottweiler-mix puppy, on Monday during the Home 4 the Holidays campaign. JACOB MORGAN/METRO

Doc casts its lens on tech-startup world

David Chan, director of Day Job Doc, is seen working in New York. He will appear in Saskatoon when the film screens at the Roxy Theatre. COURTESY DAY JOB DOC

Behind every successful tech startup, there is gruelling hard work.

The makers of Day Job Doc, which the University of Saskatchewan's Wilson Centre is screening at the Roxy Theatre on Dec. 27, understand this well.

"It was like an extension of ourselves," director David Chan said of the documentary film.

"It was easy for us to brainstorm the theme and execute it, because we were experiencing it."

For Day Job, the production team gained access to Toronto's Extreme Startups Accelerator, an intensive program that allows successful applicants to take their ideas to the next level.

"We wanted to show what goes on, that most people don't see, in order for most companies to even get to that point," Chan explained.

"We thought showing the struggle and the trials that people go through was a story worth telling."

He added that with this generation growing up at their computers, more young people are looking to create something new online. However, the failure rate is high.

"The barrier to entry is almost nothing. It's more (about) your dedication and commitment and perseverance," said Chan.

One of the film's subjects exemplifying those qualities is Jayesh Parmar of Saskatoon, who will speak at the local screening. He's the CEO and co-founder of Picatic, a website that allows event organizers to set ticket prices and crowdfund resources.

Parmar calls the time spent an investment. And while the company has head offices in Vancouver and a global user base, he's thankful to have started right here.

"There is a lot of potential talent in Saskatchewan — just sometimes the road map to get there isn't clear," he said.

"I'm going to do whatever it takes to pass this on."

JACOB MORGAN/METRO

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

SASKATOON TRANSIT HOLIDAY SERVICE

During the holiday season, Saskatoon Transit will operate with the following holiday hours:

December 24: Regular Weekday Service

December 25 & 25: Regular Holiday/Sunday Service

December 31: Regular service with extended evening hours

Service is free after 8:00 p.m. on December 31

Last bus leaves city centre at 2:45 a.m. on January 1 (may vary by route)

No service after 7:00 p.m. on Route 14 north of Circle Drive

January 1: Regular Holiday/Sunday Service

Transit Customer Service Center will be closed December 25, 26, and January 1, however Customer Service phone lines will be available from 9:00 a.m. to 1:00 p.m. and 2:00 p.m. to 6:00 p.m. on these dates.

For more information, call our Customer Service Centre at 306-975-3100.

DING IN THE NEW YEAR WITH SASKATOON TRANSIT AND SGI

Saskatoon Transit Services and SGI have once again partnered to bring Saskatoon residents free bus and Access Transit service on New Year's Eve.

The free bus service will run on Monday, December 31, from 8:00 p.m. to 2:45 a.m. (may vary slightly by route) on a weekday evening schedule. Enjoy yourself this New Year's Eve, and don't worry about driving as the ride is on us.

For more information about Ding in the New Year schedules, please call 306-975-3100 and speak to a Customer Service Representative. Access Transit customers can call 306-975-3555 (normal booking procedures apply).

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Hydro crews work around the clock to get lights back on

Ice storm. Hundreds of thousands in Ontario, Quebec and New Brunswick may still be without power on Christmas Day

A crew subcontracted to assist with restoring power following the ice storm in Toronto works on a power line on Monday. MATTHEW SHERWOOD/THE CANADIAN PRESS

A nasty ice storm that left hundreds of thousands without power in Ontario and Quebec tracked through the Maritimes on Monday as authorities worked frantically to clear tree-strewn roadways, restore downed hydro lines and get stranded travellers to their destinations.

Hydro companies in the Greater Toronto Area — which appeared to be the hardest hit by the weather system — warned some residents to brace for the possibility of being without power until Boxing Day or later.

Some neighbourhoods resembled crime scenes with yellow police tape used to cordon off areas where electric wires or large trees had come crashing down over the weekend. Sidewalks around some high rise buildings were also closed off due to the risk of falling ice.

Meanwhile, travellers trying to get home for the holidays continued to face delays and cancellations on airlines and trains.

Environment Canada said the storm had hit Eastern Canada hard. "It was a mighty blow," senior climatologist David Phillips told The Canadian Press. "It came at a really difficult time for people travelling and doing last-minute shopping."

The weather agency said the system had turned particularly vicious thanks to a combination of warm air from Texas colliding with cold air over Canada to create a drawn-out period of freezing rain.

"We had freezing rain from south of London, all the way through to Ottawa and Montreal and southern Quebec and now today to central and southern New Brunswick, all of P.E.I. and most of Nova Scotia," said Phillips.

THE CANADIAN PRESS

Recovery efforts

'Winning the war'

"The prudent thing now is to plan for the worst and hope for the best," said Toronto Hydro CEO Anthony Haines, whose utility had some 215,000 customers without power Monday afternoon, down from more than 300,000 at the peak of the outage.

Haines said there were some communities where crews hadn't been able to get into yet as they triaged the power outage situation, prioritizing hospitals, water treatment plants and "feeders," which serve thousands of customers.

He did suggest, however, that recovery efforts appeared to be turning a corner.

"I feel that we're now winning the war, we're able to restore more than is breaking behind us."

THE CANADIAN PRESS

Montreal. Alleged mafia boss dies in hospital

Vito Rizzuto, the reputed head of the Montreal Mafia who built a powerful criminal organization with international tentacles, died in hospital Monday.

Rizzuto, 67, passed away of natural causes, said Maude Hebert-Chaput of Montreal's Sacre-Coeur Hospital.

His death raises questions about the future of the Rizzuto clan's decades-old empire.

THE CANADIAN PRESS

Vito Rizzuto THE CANADIAN PRESS FILE

Russia. Pussy Riot calls for boycott of Olympics

The last two imprisoned members of the Russian punk band Pussy Riot walked free Monday, criticizing the amnesty measure that released them as a publicity stunt, with one calling for a boycott of the Winter Olympics to protest Russia's human rights record.

Maria Alekhina and Nadezhda Tolokonnikova were granted amnesty last week in a move largely viewed as the Kremlin's attempt to soothe criticism of Russia's human rights record before the Sochi Games in February.

The amnesty — part of a wide measure passed last week by the parliament — and President Vladimir Putin's pardoning last week of political rival Mikhail Khodorkovsky freed some of the most prominent convicts in politically-tainted cases. THE ASSOCIATED PRESS

Apple seals deal with China Mobile

Fighting back. Alliance is tech giant's latest attempt to gain smartphone-market share in world's most populous country

Apple's stock rose 3 per cent in morning trading on Monday, a day after the company announced a long-anticipated agreement to bring the iPhone to China Mobile, the world's biggest phone company.

The deal has the potential to boost iPhone sales in a market where Apple Inc. faces intense competition. But even with China Mobile Ltd.'s vast state-owned network, marketing power and more than 750 million mobile accounts, the iPhone has enormous challenges to overcome in the world's most populous nation.

Apple's smartphone is already available in China through two smaller carriers, and although it is popular with well-heeled Chinese customers, the iPhone is losing market share to lower-priced smartphones from Samsung and local brands.

THE ASSOCIATED PRESS

Start of celebrations

Jan. 31

The deal comes a month before China's Lunar New Year holiday in late January, a big gift-buying season.

A woman using a phone walks past Apple's logo near its retail outlet in Beijing Monday. THE ASSOCIATED PRESS

Same as Oct. 2012

October federal deficit totals $2.5B

The federal government ran a deficit of $2.5 billion in October, unchanged from the same month last year.

The monthly fiscal monitor said Monday that the federal government's revenue slipped by $100 million as an increase in personal income tax and other sources was offset by lower revenue from corporate taxes and the GST.

THE CANADIAN PRESS

Market Minute

DOLLAR
94.24¢ (+ 0.33¢)

TSX
13,447.70 (+ 48.10)

OIL
$98.91 US (- $0. 41)

GOLD
$1,197 US (- $6.70)

Natural gas: $4.48 US (- 0.01)
Dow Jones: 16,294.61 (+ 73.47)

Mikhail Kalashnikov. Designer of AK-47 assault rifle dies at 94

Mikhail Kalashnikov started out wanting to make farm equipment, but the harvest he reaped was one of blood as the designer of the AK-47 assault rifle, the world's most popular firearm.

It was the carnage of World War, when Nazi Germany overran much of the Soviet Union, which altered his course and made his name as well-known for bloodshed as Smith, Wesson and Colt. The distinctive shape of the gun, often called a "Kalashnikov," appeared on revolutionary flags and adorns memorabilia.

Kalashnikov died Monday at age 94 in a hospital in Izhevsk, the capital of the Udmurtia republic where he lived, said Viktor Chulkov, a spokesman for the republic's president. He did not give a cause of death. Kalashnikov had been hospitalized for the past month with unspecified health problems.

Kaslashnikov often said he felt personally untroubled by his contribution to bloodshed.

"I sleep well. It's the politicians who are to blame for failing to come to an agreement and resorting to violence," he told The Associated Press in 2007.

THE ASSOCIATED PRESS

Mikhail Kalashnikov said he slept well as the designer of the AK-47 assault rifle, dubbed a "Kalashnikov." THE ASSOCIATED PRESS FILE

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Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ▲ Between December 16 – 29, 2013, receive 0% APR purchase financing on new 2014 Ford models (excluding C-MAX, Mustang Shelby and BOSS 302, Flex, Explorer, Expedition, Transit Connect, E-Series, F-150 Regular Cab XL 4x2 (Value Leader), F-35 to F-550, and medium truck) for up to 60 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $521.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡ Offer valid until January 2, 2014 (the "Offer Period") to Canadian residents towards the purchase or lease of most new 2013/2014 Ford models (excluding Focus, Fiesta, C-MAX, Mustang Shelby and BOSS 302, Transit Connect Electric, and F-150 Raptor) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. *Purchase a new 2013 Ford [F-150 Super Cab XLT 4x4 5.0L] for [$26,999] (after Total Manufacturer Rebate of [$9,250] deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offer excludes freight and air tax ($1,300) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. †Until January 31, 2014, receive [4.49%] / [2.49%/1.99%] APR purchase financing on new 2013 [F-150 Super Cab XLT 4x4 5.0L / F-150 Super Crew XLT 4x4 5.0L] / 2014 [Fusion S/ Escape S] models for up to [72]/[84] months to qualified customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$26,999/$29,749] / [$22,699/$22,999] purchase financed at [4.49%]/ [2.49%/1.99%] APR for [72]/[84] months, with [$0]/[$0] down payment, monthly payment is [$428/$421] /[$282/$294] after delivery allowance of [$9,250]/ [$0/$750]. (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [$590/$581] / [$1,057/$1,035], interest cost of borrowing is [$3,889/$4,250]/ [$2,810/$1,570] or APR of [4.49%/4.49%]/ [2.49%/1.99%] and total to be repaid is [$30,888/$34,000] /[$24,510/$24,570]). Down payment may be required based on approved credit from Ford Credit. All purchase finance offers exclude freight and air tax ($1,300) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any Ford consumer incentives. **Offer only valid from December 1, 2013 to January 31, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before November 30, 2013 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV, and Medium Truck) or Lincoln vehicle (each an "Eligible Vehicle"). 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Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ®: Registered trademark of Price Costco International, Inc. used under license. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

HAPPY BIRTHDAY, CHRISTMAS BABY

SHE SAYS

Jessica Napier
metronews.ca

I'm going to take a moment to abuse my power as a newspaper columnist and send a very happy-birthday shoutout to my boyfriend. Yes, my poor significant other has a dreaded Christmas Eve birthday. Even his name — Christopher — echoes the omnipresent holiday that falls right after his special day.

Often overlooked and forgotten during the busy holiday season, he has quite a few childhood stories of birthdays spent alone at the ice rink and forced "half-birthday" celebrations in June that always seemed a bit lacklustre.

He is not alone in his misery. Many Capricorn babies are quite vocal about their ill-timed birth dates and the dreaded birthday-Christmas combo gifts. Why is it that a joint gift would be a complete outrage for an individual born in June but it's totally justifiable for anyone afflicted with a December 25th-adjacent birthdate?

There are even parenting blogs dedicated to helping couples avoid conceiving a baby with a holiday due date. In case you're wondering, it's best to avoid the bedroom around the end of March if you want to skip a Christmastime delivery.

I am blessed with a mid-August birthday which always meant pool parties with friends and sun-kissed picnics in the park. I recognize that I'm fortunate — I have never, for example, received a tree ornament as a birthday gift — and, as such, I believe that all late-December babies are fully entitled to their self-righteous whining. Sulk away, Christmas babies! Because regardless of whether you choose to celebrate, this eternally merry and bright holiday is impossible to ignore.

Competing with Christmas is not an option and so yuletide birthdays will inevitably become an afterthought. Birthday gifts are wrapped in snowman-print paper, tinsel garlands adorn the hallways instead of balloons and banners, and an abundance of gingerbread cookies and candy canes are placed around the house so that requesting an actual birthday cake seems out of the question.

Worse still is the absence of people willing and available to celebrate your special day. Absentee friends are out of town or suffering from holiday-party fatigue. Even those high school acquaintances you never speak to are too distracted to remember to leave an obligatory 'Happy Birthday' Facebook wall post.

Of course there are some perks: Everyone is already in a celebratory mood, you'll probably have the day off work or school, and you'll be surrounded by all of your family (this may or may not be a good thing). If you're very lucky, perhaps some sympathetic friends and family will try to overcompensate with some extra special attention.

But perhaps we can all take a little time this holiday season to do our part to make the neglected birthday boys and girls feel extra special. And please, no combo gifts.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Photog captures icy bear stare

COURTESY PAUL SOUDERS/NATIONAL GEOGRAPHIC PHOTO CONTEST

Polar bear pic wins top award

An eerie picture of a polar bear lurking beneath melting sea ice has won the grand prize of the 2013 National Geographic Photo Contest.

Seattle-based photographer Paul Souders captured this striking image last year in Hudson Bay, as the setting midnight sun glowed red from the smoke of distant fires. METRO

Q and A

'Hasn't been done before'

PAUL SOUDERS
Wildlife and travel photographer, 52, based in Seattle, Wash.

How did this photograph come about?
In July last year, I travelled to Churchill, Man., and in my inflatable zodiac boat I found one bear. She swam up to an iceberg, ducked under and stayed underwater for several seconds. She hung there, just below the surface, watching me, then came up for another breath before swimming away.

The polar bear looks pensive yet menacing. How does she seem to you?
It's so spooky, knowing that the bear was peering back at me, so watchful and curious. It really feels like a moment of communion and trust for me.

Why do you think it caught the judges' eyes?
It's pretty tough to create a picture that hasn't been done before, and I think maybe this is one of them.

Clickbait

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

Maybe you want to save the environment. Maybe you just want to save time. Or maybe it's Christmas Eve and you forgot to send your mother a card. No matter your reason, Metro has you covered with a few ways to use social media as a substitute for a holiday card.

Facebook:
The world's most popular social media site is actually pretty full-featured when it comes to disseminating holiday cheer. You can craft a simple status update, tag your friends and family in a post, or upload and share a Christmas-themed photo album.

Instaquote:
Available for both iOS and Android, this simple app lets you superimpose text onto Instagram shots. Grandma is sure to love a selfie captioned with "Season's Greetings!"

Touchnote.com:
If you just can't go without the tactile sensation of a tacky Christmas card, consider Touchnote. The site lets you make a card using their online editor and then actually mails it for you to. No more licking stamps!

Comments

RE: Nova Scotia Still Bucking Boxing Day Trend By Keeping Stores Closed On Dec. 26, published online Dec. 23

A government shouldn't even have any say on when a business can open or not. We live in a free country.
Mythos88 posted to metronews.ca

Good for N.S. and let's keep it up. Retail workers already get so few real holiday days (because most so called 'holidays' only benefit students/teachers and certain government workers) to spend with their families, now heaven forbid greedy people might have to, gasp, wait two days to buy their Boxing Day sales items!
Jillian posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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Bruce Willis wallops the legacy of John McClane for a quick paycheque in A Good Way to Die Hard. CONTRIBUTED

The worst of film in 2013

Forgettable fare.
In a year of great films, there were still plenty of stinkers

NED EHRBAR
Metro World News in Hollywood

Yesterday we looked at some of the best films of 2013. Today, to balance out that bright note, we look at some of the dark spots of 2014.

Man of Steel

While there may have been many technically worse films this year, Zack Snyder's bombastic, tone-deaf update on Superman fails on a spectacularly higher level. Consider it a weighted grade. Moralizing, wanton destruction and clumsy product placement are a tough mix.

A Good Way to Die Hard

Bruce Willis further tarnishes the legacy of John McClane with this loud and unfun entry that's a Die Hard film in name only. Maybe he's squinting the whole time because he can't bear to look at what he's creating.

Safe Haven

Romance-loving audiences deserve better than this poorly executed dreck from the mind of bestseller Nicholas Sparks. From the wooden acting to the contrived plot to the limping pacing, this would've seemed bad as a Lifetime movie.

Free Birds

Kids' movies generally get more of a pass critically, but some things we can't let slide. Children deserve better than this odd, clumsy tale of turkeys stealing a time machine to change the menu at the first Thanksgiving.

The Last Stand

The kitschy 1980s action tropes that made Arnold Schwarzenegger a star just don't work anymore, as the former California governor painfully learned when no one showed up to see his first starring vehicle since returning to acting. Bizarre character actor Peter Stormare attempting a Texas accent almost makes it worth enduring. Almost.

The Host

There's a certain amount of satisfaction to be taken in watching Twilight guru Stephenie Meyer's attempt at a follow-up franchise crash and burn, but it's a shame it had to involve the lovely Saoirse Ronan. Still, she should come out of this fine.

Delivery Man

Listen, if Vince Vaughn isn't going to bother showing up for his films anymore, why should we? Paying to watch a haggard movie star sleepwalk through scenes doesn't sound like very much fun.

Stand Up Guys

Al Pacino and Christopher Walken as aging wiseguys felt like a throwback itself in all the wrong ways. And in a year dispiritingly full of signs of creeping chauvinism and misogyny, this was one of the worst offenders.

Romeo and Juliet

Julian Fellowes' take on Shakespeare's classic teens at least gave audiences a new appreciation for Baz Luhrmann.

Comedy

Grudge Match

Director. Peter Segal

Stars. Robert De Niro

Rocky or Raging Bull, who would prevail in a boxing match? That's the question asked in Grudge Match. Robert De Niro and Sylvester Stallone star as retired Pittsburgh boxers who get the chance to step back in the ring to settle a three decade old grudge and make "Kardashian sex tape" kind of money. This is a new story, occasionally funny and touching, but with lots of elements borrowed from other classic movies. **RICHARD CROUSE**

Biography/Comedy

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio

Set during Wall Street's cocaine and hookers era, The Wolf of Wall Street is based on real life brokers Jordan Belfort (Leonard DiCaprio) and Donnie Azoff (Jonah Hill), who snorted and scammed their way to the top, only to become the subject of an FBI investigation into financial corruption. With its fourth wall breaking narration, scandalous set pieces and absurd antics this is a wild cinematic experience. At three hours it's almost as excessive as Balfort's $26,000 dinners.
RICHARD CROUSE

Biography/Drama

Mandela: Long Walk to Freedom

Director. Justin Chadwick

Stars. Idris Elba, Naomie Harris

Nelson Mandela's life is so astonishing even Hollywood cannot seem to bring its incredulity to life. Based on his autobiography, Mandela: Long Walk to Freedom attempts to cram the subject's lifetime battle against apartheid into 139 minutes and the result only dilutes the measure of the late South African President's story. It winds up more encyclopedic than epic.
STEVE GOW

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Holidays in Hollywood

Looks like Duck Dynasty won't be without a home

PAT HEALY
Metro World News

Aw, here's a heartwarming story just in time for the holidays. Thanks to Hunt Channel — a Christian television network that markets almost exclusively in reality shows about Bible-lovin', gun-totin' folks who kill defenseless creatures for sport — Duck Dynasty will not go homeless if A&E decides to drop it on its redneck butt.

A lot of people are calling for the network to pull the plug on Duck Dynasty — surprisingly one of the highest-rated reality shows of all time (proof, I think, of the rapid decline of our intelligence as a society thanks to the Internet and sexting and global warming or whatever) — after patriarch in charge Phil Robertson's recent eloquent musings on homosexuality. And, apparently, the other Duck Dynasty cast members are among those calling for the show to be yanked.

Robertson's brood of fellow people who like to make the duckies go bye-bye with the boom boom stick have his back, and have recently gone on record saying that they don't want to do the show without him.

Fortunately, the Hunt Channel is making it their business to ensure that they won't have to. A Christmas miracle!

According to a TMZ report, Hunt channel owner Merrill Sport thinks that A&E should "put on their big boy pants" and support the cast of Duck Dynasty for being the unapologetic bigots they are. Further, Sport is more than happy to put on his own pair of big kid trousers and air the show himself. Because, at Hunt Channel, he says, "we don't censor our personalities."

Miley beckons us into her boudoir, but do we really want to be there?

Have you guys seen this clip that's going around from Miley's new music video for her song Adore You?

If you haven't, because, I guess, you don't have a google alert set up for "Miley Cyrus" like I do, here's the relevant info:

It features grainy, sex tape-esque footage of Miley, er, pleasuring herself.

I guess we now have the answer to the age-old question "where does one in eternal pursuit of shock value and press go, after humping a foam finger while practically naked onstage?"

But, OK, I don't hate this. Miley Cyrus is a next-level entertainer and whoever is handling her PR right now deserves a big, fat holiday bonus. MyCy (I'm still totally going with this, and don't understand why nobody else has picked this up) was the most-googled person of the year, which is pretty damn impressive considering where she started.

Also, I'm sure there's an opportunity for a think piece on female empowerment and sexual freedom, etc, etc here. I'm not going to write it, I'm just saying there's a window here. **METRO**

Studio puts the brakes on Fast & Furious sequel

Universal Pictures has delayed the release of Fast & Furious 7 for almost a year following the death of star Paul Walker. The studio announced Monday that the Fast & Furious sequel will be released in April 2015, instead of July next year. Shooting on the film was about halfway finished when Walker died in a car crash. **THE ASSOCIATED PRESS**

Twitter

@robdelaney
Just saw a Hasidic man & 2 Asian girls laugh at a dog knocking over a garbage can so don't even act like peace isn't possible guys.

@Brittanysnow
I bet cats really hate the fact that they can't hashtag #yolo

@RebelWilson
All this reminds me of when I got kicked out of an 'Open House' Pretty Woman style last weekend coz the broker thought I couldn't afford it

Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:

- Customer service is a must
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- Familiar with the City of Saskatoon
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 10th, 2014.
PLEASE QUOTE: "Distribution Assistant (Part Time) - Saskatoon in the subject line.
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metro

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

(Blake, currently homeless)

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LIFE 3

Healthy highs and lows this year

In our look back at 2013: HIV cures, HIV scares and how a pet can save your life

MICHELLE CASTILLO
Metro World News

The next-gen condom couldn't have come sooner. THINKSTOCK

LOW: U.S. porn industry shuts down three times due to HIV scare

Debbie didn't do many people this year. Numerous HIV-positive test results in the U.S. porn industry forced a moratorium on production while all potentially infected performers were re-tested for the virus. Current regulations require porn stars to be tested every 14 days in the U.S., limiting the number of people who could be exposed.

HIGH: The next-generation condom

No glove, no love may be the motto but many men, particularly in developing countries, remain adverse to the prophylactics. To encourage use, the Bill and Melinda Gates Foundation offered $100,000 to anyone that could come up with the next evolution of the male condom, with up to $1 million for additional research. Eleven ideas won the first-round funding, including a condom made out of bovine tendons.

HIGH: Baby "cured" of HIV

While a cure for HIV and AIDS still remains elusive, doctors in Mississippi claimed to have eradicated the HIV virus from a baby by giving her a three-drug regiment within 30 hours of her birth. The mother of the child had not received any pre-natal treatment to prevent transmission, and a blood test had determined that the child was HIV positive at the time of birth. The child, who was two and a half years old at the time of the March announcement, no longer has any traces of the HIV virus in her blood.

HIGH: Face transplants

The practice of transplanting another person's face onto a patient has been around for a few years — and not just on Nip/Tuck. This year, however, marked many improvements in the field. Polish doctors claimed to complete the world's fastest face transplant — a 27-hour procedure just three weeks after the patient's accident.

Meanwhile, several patients in the U.S. who received facial transplants in 2012 were shown to have improved facial sensation just one year later.

LOW: Emergency birth control doesn't work ... sometimes

European pharmaceutical regulators approved a warning label change that would alert users of Norlevo (levonorgestrel) that it loses potency for women over 165 pounds and does not work in women over 176 pounds. The morning-after pill is a form of emergency birth control that was supposed to prevent pregnancy within 72 hours after having unprotected sexual intercourse.

HIGH: A big year for ART

Across the world, more than 5 million screaming bundles of joy are born to people who may otherwise never have the experience of having a child without fertility treatments. More than half of the 5 million ART babies have been born in just the last six years, meaning the technology is improving.

HIGH: Get a pet, save your life

If you need another reason to convince yourself to get a pet, the American Heart Association confirmed what was once an old wives' tale: that having a pet was linked to lower heart disease, lower blood pressure, lower cholesterol levels and lower levels of obesity.

LOW: Heroin-like drug spreads overseas

For years, Russia has battled a problem with krokodil or desomorphine, an opioid drug in the same family as heroin and oxycodone. It is more potent than morphine, and is easily made with codeine, paint thinner, gasoline and other over-the-counter products. It also is so toxic that it causes flesh to rot off the user's bones, and the average abuser dies two to three years after beginning to use.

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Lean pork tenderloin gets a flavour boost from prosciutto, mushrooms and fresh herbs

My choice for an elegant holiday dinner? It's hard to beat a roast, and more often than not my pick is a lean and moist pork tenderloin.

But let's face it, as much as we want to be healthy, there is such a thing as roast that is too lean. A lack of fat often means a lack of flavour. So how to make up this deficit? With plenty of high-flavour ingredients such as prosciutto, fresh herbs, mushrooms and wine.

1. Heat the oven to 350 F. Cut down through each tenderloin lengthwise so that you can open it up like a book, but do not cut all the way through. Sprinkle water on the cutting board under the tenderloin and sprinkle a little water on top of the tenderloin (this will help prevent the meat from tearing when you pound it). Cover the tenderloin with plastic wrap and pound the meat using a meat mallet or rolling pin until it is about 1/2-inch thick.

2. Sprinkle half the rosemary and thyme leaves all over the inside of each butterflied and pounded pork tenderloin and spread the prosciutto evenly in one layer over the herbs. Beginning with the long end, roll up the tenderloin tightly, tucking in the ends (as you would a burrito). Use kitchen twine to tie the roll in a bundle, tying it every 2 inches.

3. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Season the pork lightly on all sides with salt and pepper, then add it to the skillet. Sear until golden brown on all sides. Transfer the pork to a shallow baking pan, then roast on the oven's middle shelf until the centre reaches 145 F, about 20 to 25 minutes. Remove the pork from the oven and cover loosely with foil.

Double Pork Roast with Mushroom Marsala Sauce

This recipe serves six. THE ASSOCIATED PRESS

Ingredients

- 2 pork tenderloin roasts (3/4 to 1 lb each), trimmed of all fat
- 2 tbsp packed fresh rosemary leaves, chopped
- 2 tbsp packed fresh thyme leaves, chopped
- 4 oz thinly sliced prosciutto
- 3 tbsp extra-virgin olive oil, divided
- Kosher salt and ground black pepper
- 1/2 cup finely chopped shallots or onion
- 1/2 lb mushrooms (cremini, white button, shiitake, oyster or a mix), trimmed and sliced
- 1/2 cup dry Marsala wine
- 1 1/4 cups low-sodium chicken broth
- 1 tbsp all-purpose flour

4. Meanwhile, make the sauce. Return the skillet to medium heat. Add the remaining 2 tablespoons of oil and the shallots and cook, stirring, until the shallots are golden. Add the mushrooms and cook, stirring often, until the mushrooms give off all their liquid and are lightly browned.

5. Add the Marsala and simmer until almost all of it is reduced. Add 1 cup of the chicken broth and bring back to a boil. In a small bowl whisk the remaining 1/4 cup of chicken broth with the flour. Add the flour mixture to the skillet in a stream while whisking and simmer for 2 minutes. Add any juices that have accumulated from the resting pork to the sauce.

6. Slice the pork crosswise into 1-inch-thick slices. Transfer several slices to each of 6 serving plates. Spoon some of the mushroom sauce over each serving.

SARA MOULTON/THE ASSOCIATED PRESS

Pot roast that's fit for a feast

1. Heat the oven to 350 F. In a food processor, combine the red onions, carrots, celery and leeks. Pulse until finely chopped, but not so finely that a paste is formed.

2. In a large Dutch oven or heavy bottomed large pot over medium, heat the olive oil. Add the onion-carrot mixture and cook, stirring occasionally, until golden brown, 12 to 15 minutes. Spoon the mixture out into a bowl.

3. Trim the chuck roast of any very large pieces of fat. Season the meat liberally with salt and black pepper. Increase the heat under the Dutch oven to high and add the meat. Sear on all sides until well browned, 3 to 4 minutes per side. Transfer the roast to a plate.

4. Add a bit of the red wine to the pot and scrape up any browned bits on the bottom. Return the browned vegetable mixture to the pot along with the rest of the red wine, beef stock, tomato paste, mustard, bay leaves, and rosemary. Stir well. Carefully return the roast to the pot, cover and place in the oven for 3 to 4 hours, or until very tender.

5. Meanwhile, prepare the roasted vegetables. In a large bowl, toss together the carrots, parsnips, onions, sunchokes and sweet potatoes. Drizzle with olive oil and toss to coat.

6. In a small bowl, mix together the salt, black pepper, cumin, coriander and fennel seed. Sprinkle over the vegetables and toss again. Spread onto a rimmed baking sheet. After the chuck has been roasting for 2 1/2 hours, add the vegetables to the oven. Roast, stirring occasionally, for 45 minutes to 1 hour, or until browned and tender.

7. When the chuck is finished cooking, remove the pot from the oven and transfer the roast to a plate. Cover with foil. Remove the rosemary and bay leaves from the pot and discard. Transfer the remaining contents to a blender and blend until smooth, making sure to use caution when blending the hot liquid. Return to the pot and bring to a boil. Simmer until reduced to about 5 cups, or gravy thickness. Serve with the roast and root vegetables.

THE ASSOCIATED PRESS

Ingredients

Roast
- 2 medium red onions, quartered
- 2 medium carrots, cut into pieces
- 3 stalks celery, cut into pieces
- 2 leeks, trimmed and sliced
- 2 tbsp olive oil
- 6- to 7-pound chuck roast
- Salt and ground black pepper
- 3 cups red wine
- 2 cups unsalted beef stock
- 1/4 cup tomato paste
- 2 tbsp Dijon mustard
- 3 bay leaves
- 3 sprigs fresh rosemary

Root vegetables
- 6 medium carrots, peeled and cut into 1-inch pieces
- 4 parsnips, peeled and cut into 1-inch pieces
- 2 medium red onions, cut into wedges
- 2 small celeriac roots, peeled and diced
- 2 lbs sweet potatoes, peeled and cut into 1-inch pieces
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp fennel seeds

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Five steps to becoming a millionaire

Entrepreneurship. Kim Kaupe describes how to go it alone, even if you don't have start-up cash or a business background

EMILY LAURENCE
Metro World News

Three years ago, 28-year-old Kim Kaupe quit her job to pursue a business idea she brainstormed with her co-founder. Now, she's the head of multi-million dollar company ZinePak. Like many people who have a gem of an idea, Kaupe didn't have a business background or any start-up money. Still, she went for it. Kaupe shares her tips with us so you can pursue your own great idea.

1. Find a hole in the marketplace

"I worked at Brides magazine for two years and then got a job at an ad agency. One of my co-workers at the agency used to work at Sony Records. We hatched this idea of putting magazines and music together, and out came ZinePak. We wanted to create special packages for fans. It was something that didn't exist before."

2. Partner with someone who has the strengths you lack

"My business partner and I fit together perfectly because one of us has the strengths that the other person doesn't. Find someone you gel with and shares your views, but also brings a unique perspective."

3. Tell everyone your idea

"There's this common misconception that when you come up with a great idea, you have to keep it to yourself because someone will steal it. It's really the opposite. If you have an idea, tell everyone you can. You never know who that person might know. Or, they could have a way for you to improve your idea that you haven't thought of. We changed our entire product based on a suggestion a random customer emailed us. It pays to listen — literally."

Quoted

"If you have an idea, tell everyone you can. You never know who that person might know."
Kim Kaupe, co-founder of ZinePak

4. If you're not an expert, find people who are

"Neither my partner nor I had a background in business. Going to meet-ups was essential for growing our business. There are meet-ups for everything: small business owner meet-ups, tech meet-ups, entrepreneur meet-ups... When I first started out, I thought I was the only person in the world who faced certain problems. But chances are, most other entrepreneurs that you talk to have wanted to throw their Quickbooks out the window too and might have a great suggestion that can help you. Whatever you need to learn how to do that you can't Google, there's someone out there who can help you."

Kim Kaupe, co-founder of ZinePak, suggests attending small-business meetups. CONTRIBUTED

5. Keep your overhead low

"The first year, my business partner and I worked from home using only our computers, cellphones and brains. It was just us hustling and cold calling, saying 'Let us make this awesome product for you.' The less supplies you have to buy, the more money you'll make. Think, do you really need a warehouse or paper printing machine? Chances are there's a company out there who it's cheaper to pay than renting space or buying all the materials yourself."

Saskatoon Health Region
City of Saskatoon

2013 Annual Community Christmas

Special thanks from Saskatoon Tribal Council and White Buffalo Youth Lodge to all STC partners and volunteers who contributed to the 2013 Annual Community Christmas dinner at White Buffalo Youth Lodge.

814 meals were served and 415 children received Christmas gifts.

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How to eat, drink and stay healthy this holiday

Seasonal hazards. Between overindulging and contracting colds, this time of year can take a toll on your vigor

Pace yourself: try to have a glass of water for each glass of alcohol. ISTOCK

The holidays are a time to burn your candles at both ends, but you have to be careful to not flame out. The pressure created by a combination of social events, family get-togethers, shopping and financial stress can easily weaken or overwhelm your immune system.

Eating

Make sure you neither eat too much, nor too little. Overindulging will not only put on a few extra holiday pounds, but makes you more likely to develop esophageal reflux from a distended stomach at bedtime. This overnight trickle of stomach acid bubbling up into the back of your throat while lying flat in bed can not only cause heartburn but may also lead to a sore throat or dry cough.

This is not only a nuisance that is often mistaken for an upper respiratory infection (common cold), but may actually increase your odds of getting a sinus infection or bronchitis by decreasing your resistance. Eating too little may make you more likely to get intoxicated, as the alcohol in a glass of holiday cheer is absorbed much more quickly from an empty stomach.

Drinking

With so many social obligations and reasons to celebrate, there is ample opportunity to drink alcohol on a daily basis — and lots of it. Try to drink a glass of water with each alcoholic beverage (one for one). Don't drink and drive, and don't let your friends drink and drive.

Being healthy

The 2013-14 influenza season has officially arrived in North America and there are any variety of cold viruses around that have been making people miserable with sore throats, nasal congestion and coughs. Shaking hands, kissing under the mistletoe and travelling on a plane can all spread illness rapidly. Get a flu shot, wash your hands frequently, keep your hands away from your face and blow kisses where you can. METRO

NFL

Broncos' Miller bucked back out of the lineup

The Denver Broncos began the season without strong-side linebacker Von Miller, and they'll end it without him, too.

Miller is done for the year after tests Monday revealed a torn anterior cruciate ligament in his right knee, which he injured in the first quarter of Denver's 37-13 win at Houston over the weekend.

The Broncos (12-3) have hit so many potholes this season it's a wonder they're not broken down on the side of the Super Bowl Expressway.

Instead, they can wrap up the AFC's top seed with a win at Oakland (4-11) on Sunday. THE ASSOCIATED PRESS

World juniors

Drouin, Horvat, McDavid help Canada top Swiss

Jonathan Drouin scored twice to lead Canada's national junior hockey squad to a 4-1 exhibition win over Switzerland on Monday.

It was the final tune-up for Canada, which opens the world junior tournament Thursday against Germany.

Canada finished with a 2-1 exhibition record but was coming off a 3-0 loss to Sweden on Sunday.

Bo Horvat and Connor McDavid had the other goals for Canada. Jake Paterson stopped 23 shots in goal.

Yannick Rathgeb replied for Switzerland while Melvin Nyffeler made 29 saves. THE CANADIAN PRESS

Hayley Wickenheiser signs autographs following the naming of the team that will compete in the 2014 Olympic Winter Games in Sochi, Russia, during a news conference in Calgary, Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Less experience, more depth: Wickenheiser

Sochi 2014. National Olympic team roster finalized after coaching shakeup, player cuts

Canada's Olympic women's hockey team has less experience than two previous editions, but believes it has the speed and skill to defend the gold medal in Sochi, Russia.

The 21-player roster that will attempt to win a fourth consecutive Olympic gold in women's hockey was finalized Monday after the release of three players.

The 2014 squad includes a dozen players who beat the U.S. women 2-0 in the 2010 final in Vancouver. The 2010 and 2006 squads each carried over 14 players from the previous Winter Games.

The team

- **Goaltenders.** Shannon Szabados, Alta.; Genevieve Lacasse, Ont.; Charline Labonte, Que.
- **Defenceman.** Jocelyne Larocque, Man.; Lauriane Rougeau, Que.; Laura Fortino, Ont.; Meaghan Mikkelson, Alta.; Catherine Ward, Que.; Tara Watchorn, Ont.
- **Forwards.** Meghan Agosta-Marciano, Ont.; Rebecca Johnston, Ont.; Jennifer Wakefield, Ont.; Gillian Apps, Ont.; Caroline Ouellette, Que.; Melodie Daoust, Que.; Jayna Hefford, Ont.; Brianne Jenner, Ont.; Haley Irwin, Ont.; Hayley Wickenheiser, Sask.; Natalie Spooner, Ont.; Marie-Philip Poulin, Que.

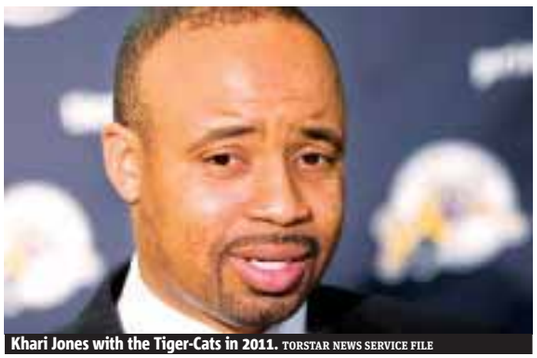
"We're a little bit younger in the experience department," admitted forward Hayley Wickenheiser.

"We're very similar in the type of style we're going to play — a tight forechecking style and trying to counteract with a lot of speed. We have a little bit more offensive depth on the back end than in 2010 so we'll be counting on them to jump into the attack.

"Goaltending is as good or better. Maybe a little bit more depth overall."

Canada opens their gold-medal defence Feb. 8 against Switzerland. The final is Feb. 20 at the Bolshoy Ice Dome. THE CANADIAN PRESS

Jones goes from Riderville to B.C. Lions



Khari Jones with the Tiger-Cats in 2011. TORSTAR NEWS SERVICE FILE

The B.C. Lions named Khari Jones as their new offensive co-ordinator Monday.

Jones joins the Lions after two seasons as the quarterbacks coach with the Grey Cup-champion Saskatchewan Roughriders.

"Khari is a young, fresh football mind that brings a key combination of significant playing and coaching experience to the role of offensive co-ordinator," Lions head coach Mike Benevides said in a statement. "After a number of conversations with Khari over the past couple of weeks, I am very excited about his positive approach to the game, the offensive concepts he will bring to our offence and how they will translate on the field.

Prior to joining the Riders, Jones served as Hamilton's offensive co-ordinator in 2011. Jones began his CFL coaching career as the Ticats' quarterbacks coach in '09.

Jones began his CFL playing career as a quarterback with the Lions in '97 before being dealt to Winnipeg in 2000. In 2001, Jones was named the league's outstanding player after guiding the Bombers to a 14-4 regular-season record.

Jones also played for Calgary (2004) and Hamilton (2005) and twice went to training camp with Edmonton before joining CBC's CFL broadcast crew in 2006.

"It's an honour to return to the same organization that gave me an opportunity to play in this great league many years ago," said Jones. THE CANADIAN PRESS

4 SPORTS

DRIVE

The 2014 Chevrolet Camaro

Dream Car Put together from existing parts, it's a true hotrod Camaro built for the speed lovers

MALCOLM GUNN
wheelbasemedia.com

Satisfy your primal automotive desires in the very pacy Z/28, and all for $70K. ALL IMAGES WHEELBASE

The Z/28 omits some standard creature comforts in the interest of saving weight, such as air conditioning, which is optional.

The Z/28's engine is the 505-horsepower LS7 7.0-litre (427-cubic-inch)

You would think that the most expensive street-legal Camaro coupe ever made would at least include air conditioning, a fancy stereo, power-adjustable seats and possibly a competition-beating supercharged engine. But that's not the case with the Z/28, a designation that conjures up images of high-winding, race-bred Camaros dating back to 1967. However, you likely won't hear any price complaints from eager buyers who are expected to gobble up the first year's production run of 1,500 vehicles as fast as they depart the factory floor beginning in early 2014.

Although more than capable on the street, the "Z" was really created (or re-created, since the Z/28 label along with the previous-generation Camaro were retired after the 2002 model year) to perform in stellar fashion in competition. For drivers who would rather put in some fast laps around the racetrack than putt their way around a golf course on weekends, this is the Camaro of their dreams.

For such a low-volume model, Chevy's engineers invested considerable time and effort to ensure the Z/28 will live up to its past glory and lay a beating on high-priced competitors. Part of that process included pruning some weight, including the deletion of the power-seat adjusters, eliminating the rear-seat frame and trunk pass-through structure, installing thinner rear window glass and transferring the air conditioning unit over to the options list.

Additionally, Chevrolet has reduced the wheel diameter to 19 inches from the 20-inch units used on the Camaro SS 1LE track car and ZL1 models, thus eliminating 18.6 kilograms in unsprung weight while lowering the car's centre of gravity.

Overall, the Z/28 weighs about 135 kilograms less than the ZL1 model — the heaviest Camaro, by the way — that runs with a supercharged 6.2-litre V8 rated at 580 horsepower and 556 pound-feet of torque. The Z/28 actually weighs about the same as a base V8 Camaro.

To do this, the car instead borrows the 2013 Chevrolet Corvette Z06's high-revving 7.0-litre non-supercharged V8 engine that makes 505 horsepower and 481 pound-feet of torque. Without a supercharger, the 7.0 weighs 29 kilograms less than the 6.2 engine found in the Camaro ZL1.

As with the Z06, the Z/28 uses a dry-sump oil system (a 10-litre remote tank instead of the usual oil pan) to ensure a continuous oil stream to all vital components during high-speed manoeuvres.

As well, engine and transmission/differential oil coolers reduce heat build-up and aid reliability when these components are pushed to the max. This is also good insurance since the Z/28's powertrain warranty also covers extracurricular track use. What the Z/28 does share with its ZL1 counterpart is a close-ratio six-speed manual transmission that, like the car's extra-stiff suspension and unique shock dampers, has been beefed up for the rigours of track duty.

Numerically, the Z/28 falls short of the ZL1 in terms of raw horsepower and torque, but the Z/28 is likely much quicker around a racetrack, simply because it's built more for that purpose.

Along with its reduced heft over the ZL1, the Z/28 features plenty of race-bred tricks up its sleeves. Aerodynamic upgrades include a lower chin spoiler (called a splitter), front and rear fender flares, rocker panel moldings and a hood vent for ducting otherwise trapped air from the engine compartment. As well, an aggressively shaped rear spoiler improves high-speed stability and cornering speed, aided by a set of sticky Pirelli PZero Trofeo R-compound tires mounted to 11-inch-wide alloy wheels in front and 11.5-inchers in back. The tires — more than a foot wide — are the same on all four corners.

Chevrolet claims that the Z/28 produces 1.05 g's in cornering grip and an equal amount of braking force, thanks to the fade-free Brembo-brand carbon-ceramic brakes that weigh considerably less than comparable iron rotors.

The Z/28's interior is just as go-fast-focused as the rest of the car. There's a flat-bottomed steering wheel and Recaro racing-style seats with grippy suede-covered bottoms and cutouts for installation of an aftermarket five-point racing harness.

Clearly, this extra-special Camaro isn't your average grocery getter or stoplight poseur. It's built for drivers who can afford to drop an estimated $70,000 for a car with everything an enthusiast needs to exercise his or her need for speed.

2014 Chevrolet Camaro Z/28

- **Type.** Two-door, rear-wheel-drive coupe
- **Engines (hp).** 7.0-litre OHV V8 (505)
- **Transmissions.** Six-speed manual
- **Base price (incl. destination).** $70,000

Horoscopes

♈ Aries
March 21 - April 20
Something you have been working on for a long time will bear fruit today. Others may say you've been lucky but the fact is you have laboured long and hard to get this far.

♉ Taurus
April 21 - May 21
You will handle everything life throws at you with grace and style. The planets endow you with limitless self-confidence and the kind of faith that moves mountains.

♊ Gemini
May 22 - June 21
You will have to take on new responsibilities over the next few days, including some of a financial nature. Show the world you have what it takes to handle difficult situations.

♋ Cancer
June 22 - July 23
Although the sun in Capricorn brings partnership problems to the fore, Mercury in your opposite sign will make it easier for you to see things from the other person's point of view.

♌ Leo
July 24 - Aug. 23
Matters of a routine nature will take up a lot of time but once you have completed your tasks you can move on to something more interesting. Whatever else you do today, don't cut corners.

♍ Virgo
Aug. 24 - Sept. 23
This should be a productive day for you — you will get a lot done in a short space of time. Make the most of it because as you move into the New Year not everything will come quite so easily.

♎ Libra
Sept. 24 - Oct. 23
Partners and colleagues will demand more of your time and attention today and if you are smart you will give it to them.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to move up in the world in some way over the next few days and even though your mind may be on other things you must grab the opportunity.

♐ Sagittarius
Nov. 23 - Dec. 21
Money matters must come first today and with Mercury joining the sun in the main financial area of your chart you will get the chance to balance the books.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what is the most important thing you should be doing right now and do it to the exclusion of all else. Your efforts will not be wasted.

♒ Aquarius
Jan. 21 - Feb. 19
What happens today will convince you that life is good and about to get even better. The only reason that your thoughts have been so negative of late is because you have allowed your emotions to blot out common sense. Time to rebalance.

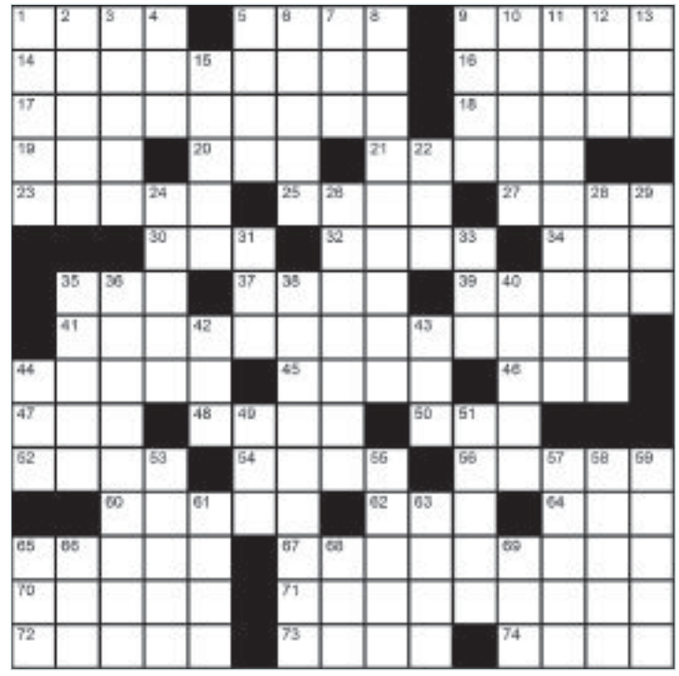
♓ Pisces
Feb. 20 - March 20
Try not to get too emotionally involved in other people's problems. Life is full of ups and downs, and so a more light-hearted approach from you today will be an example for them to follow.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



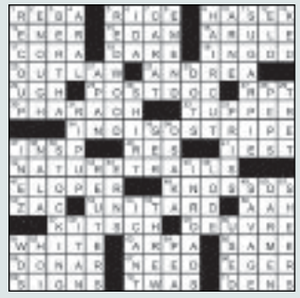
Across

1. "Hush! I __ __ the phone!"
5. Gentle
9. "__ Old St. Nicholas"
14. Artist's work
16. Grow like _ __
17. Saint-Jean-sur-__, Quebec
18. Distributes
19. Pitcher's stat.
20. _ __ mode
21. Pancake dish of Russia
23. Mailing enclosures, commonly
25. Nero's 651
27. Poinsettia part
30. Texter's "incidentally"
32. Jump
34. __-Cone
35. Overseas MTV honour (acronym)
37. Alum
39. Barbera's cartooning partner
41. The Huron Carol bit: "That mighty __ __ / Sent angel choirs instead."
44. Via ship: 2 wds.
45. Singer/songwriter Marvin
46. Prefix to "light"
47. Appropriate
48. Thailand currency
50. Premium car
52. French for "here and there": Ici __ __
54. Ancient portico
56. Distressed cries
60. Saskatchewan village between Regina and Saskatoon
62. American airer since '71
64. Furrow-maker
65. Helicopter part
67. Ontario community east of London
70. Satire
71. Where Canada is trying to lay territorial claim, as in recent headlines: 2 wds.
72. Holiday hue
73. Fellows
74. Belonging to an undercover agent

Down

1. __-ski
2. Ballerina/actress Ms. Shearer of The Red Shoes (1948)
3. Killer whales
4. To the __ power
5. Richard of Night Court
6. Ancient tale
7. Prevarication
8. __ Canada (Book publisher)
9. Actress Ms. Gertz
10. Buck of Hee Haw
11. "Oh, the weather outside is frightful..." Christmas carol: 3 wds.
12. Jeans brand
13. Li'l length units
15. Spread
22. Irish coronation stone, __ Fail
24. Online retail discount
26. Mott's beverage
28. Boredom
29. Bygone bird
31. Early 1920s President [monogram]
33. __ Beta Kappa
35. The Prince of __ (1998)
36. Festive foliage
38. Position in hockey: 2 wds.
40. When management might return from lunch, __ __
42. Music legend Mr. Calloway
43. Bird bill
44. UK defence contractor, _ _ _ Systems
49. Mount __ (Volcano of Japan)
51. Frankincense and __
53. Solo
55. Furious
57. __ it up (Celebrate)
58. Candy-on-a-stick
59. Monica of tennis
61. Welsh opera singer Mr. Terfel
63. Furry friends
65. Semi
66. Hockey Hall of Famer
68. __ _ Turn (Road sign)
69. Madonna's first hubby ... his initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9		7	8				
	2		5				1	9
		4	2			3		
						9	4	8
6				4				3
4	3	2						
		8			9	6		
7	1				5		9	
				1	3		5	

Yesterday's Sudoku

5	1	2	3	4	8	6	9	7
8	7	4	2	6	9	5	1	3
9	3	6	5	1	7	8	4	2
1	6	7	4	2	5	3	8	9
2	5	8	9	7	3	1	6	4
3	4	9	1	8	6	7	2	5
4	8	5	6	3	2	9	7	1
7	9	1	8	5	4	2	3	6
6	2	3	7	9	1	4	5	8

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